

# MAX CAPACITY TRAINING



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How Unconventional  
Workouts Can Turn  
Minutes Into Muscles

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**SAMY PEYRET**

# Spread the Word!

These are the first few pages of the incredibly awesome book *Max Capacity Training*. If there is enough interest, I will post the rest of the book at <http://www.MaxCapacityTraining.com>. The more people know about it, the more likely I am to release it all for free. You have permission to share this document with your friends as long as you don't edit the contents or alter the format. You can e-mail it, post it, print it, sing it and pass it along to your peers. However, this is copyrighted material and you CANNOT sell it (for money, sexual favors, what have you...). So enjoy the read, and if you haven't started the workouts yet, go to <http://www.MaxCapacityTraining.com> and do all twelve weeks for *free*.

# Max Capacity Training

How Unconventional Workouts Can  
Turn Minutes Into Muscles

Samy Peyret

Intelligent Laziness Books  
San Francisco, 2011

The information and advice contained in this book are based upon the research and the personal experiences of the author. They are not intended as a substitute for consulting with a health care professional. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book.

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*To my brother*

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# Introduction

**H**E UNFOLDED THE PIECE OF PAPER and read the first question out loud. “Rick seems to have lost a lot of weight recently. Is his health okay?” I was attending the quarterly all hands meeting at my company. With recent news of Steve Jobs taking a medical leave of absence at Apple, some employees were concerned that our own CEO’s rapid weight loss might be due to health problems. Rick smiled. “There is no need to be alarmed,” he said “I just decided to get in shape.” He continued: “People often ask me how I did it but they’re always disappointed by the answer... diet and exercise.” The whole company laughed.

I met up with some friends that same evening and told them the story. “What do you think he meant by diet and exercise?” I asked. “Salad and jogging,” one answered. “Screw that, I’d rather watch C-SPAN and iron my socks,” continued another. That’s what diet and exercise mean to most people: unsatisfying food and boring mindless movements. The truth is that you don’t need to eat bunny food and jog an hour per day to become fit. It’s a huge waste of time and frankly, a waste of life.

This book will teach you how to become fit efficiently. As a result, your looks will follow naturally. You will learn how to maximize your utility of time, your utility of exercise and your utility of food to optimize your results. You will read about how a group of people doubled their endurance performance with just ten minutes of exercise per week. You will discover

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how athletes boosted their power output by 17% while cutting their workout time by 67%. You will find out how a Japanese ice skating team lost 9 times more body fat in 15 weeks than their peers did in 21. We will go over 3 highly efficient workout protocols and 48 bodyweight exercises you can use to maximize your training capacity. You will learn the five fundamental rules to nourish your body properly and how to create your own meal plan. Finally, you'll uncover a few good tools to help you work out, eat properly and stay motivated once and for all.

Max Capacity Training is a no-BS way of getting results. If you're willing to commit an hour per week to applying the concepts of this book, I guarantee you will see great improvements in both your fitness aptitude and your body self-image.



# PART I

## The Right Mindset

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# Always Picked Last

*“He who rejects change is the architect of decay.  
The only human institution which rejects progress is the cemetery.”*  
- Harold Wilson

**G**ROWING UP, I WAS ALWAYS PICKED LAST IN PE CLASS. It was fair; I sucked at every sport I tried. When I was thirteen, my parents enrolled me in the athletics team. After a year of training I participated in a regional 1k race. I came in last... by far. A coach from another team had to bring me water before I could even cross the finish line. I was young and training four hours a week, but my performance remained pathetic. But time kept ticking and life kept happening. I went to college, graduated and got a job. My interests started to shift and I began to favor a game of poker over a game of soccer. After all, I was a better competitor with my body sat down on a chair. Inevitably, I became a little chubby. Not even a year after graduation, my girlfriend's grandma, who had only seen me once before, noticed I had gained weight just by seeing me in the background of a photo. Man, it was bad. My friends all gained a good amount of weight too, so I figured it was just a normal part of growing older. On Black Friday of the following year, I went shopping with a friend. After walking for a mere thirty minutes, my back started to hurt. On Christmas day, my cousin challenged me to a push-ups contest. One, two, three, four, fi-uhm-

fi... I collapsed. Worst of all, my sexual performance had been getting worse and worse. On the first night of January, my girlfriend and I were celebrating the New Year in bed. But my stamina was piss poor. “Oh, uhm, that’s alright...” she said as I rolled to my side. Ugh! I knew it too. I sucked at anything and everything that required a physical effort, including sex.

Something snapped that day in my head. I had tried the *laissez faire* approach, but it obviously didn’t work. I had to do something because things weren’t going to change on their own. So, I went to the library and checked out a couple of books. They were alright, but their advice really wasn’t applicable to people who live in the real world. Going to the gym for two hours a day, five days a week? Come on! Not all of us workout for a living. I gave the books back and instead I started talking with my nutritionist friend. She knew a lot about food, but not so much about training. She recommended I met with athletes, gymnasts and fighters; so I did. They talked to me about muscle hypertrophy and protein synthesis. I had no idea what they were talking about so I picked up some textbooks and read research papers to get to the meat of what matters. The more I learned, the clearer I was able to define my goals. I needed to design a plan that would be doable for a normal person like me and that would make me considerably stronger. I narrowed it to three criteria:

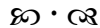
- Takes a short time
- Can be done anywhere
- No weights, no equipment

It took a few trials and errors, but eventually I got it. I optimized my utility of exercise so much that I only train for sixteen to twenty-five minutes a day, three days a week. That’s just about one hour of workouts per week total.

Just weeks after starting my new routine, people started to notice I had gained speed and stamina. I used to be the first to

take a break when we played soccer, but now I could outlast all of my friends. My confidence shot up, and my body started to transform. My gut was fading away, and my abs were starting to show. Two months later, I participated in a local 5k race and placed in the top 3%. I hadn't even jogged since high school, but I still outran hundreds of people who actually had trained for that race! Then I started to do things I couldn't do before. On a trip to London, I walked all over the city for twelve hours straight, and my back didn't hurt. That same Saturday, I challenged myself and performed one thousand push-ups in half a day. Best of all, I became a much stronger lover.

I credit all these positive changes to the training program laid out in this book. I'm sharing everything with you, and I hope you will make the best of it.



# Clear Your Mind

*“In the spider-web of facts, many a truth is strangled.”*

- Paul Eldridge

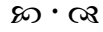
**B**EFORE YOU GO ANY FURTHER, I suggest you completely clear your mind from everything you know about eating and exercising. There is so much misinformation out there that the best way for you to reach your goal is to purge everything you know and apply only the fundamentals. Forget about all the celebrity diets, home remedies and magic pills. These are all distractions that will keep you from reaching your goals.

Don't dwell on the details. They might be right or they might be wrong, but all they do is distract you from the big picture. “Should I eat white shell eggs or brown shell eggs?” It doesn't matter.

Surely, success and failure are not random. Nobody's born with superhuman strength, yet some of us can run the Iron Man while others can't walk a mile without pausing halfway through. We've all learned to walk, run, jump, push and pull. Can we not learn to become stronger and faster as well? Most people choose to live a sedentary lifestyle and let their bodies go to waste. A few of us prefer to take what we already have



and make it better. The fact that you just picked up this book tells me that you are one of the latter. So clear your mind, stick to the fundamentals and get ready to do some hard work.



# The Approach

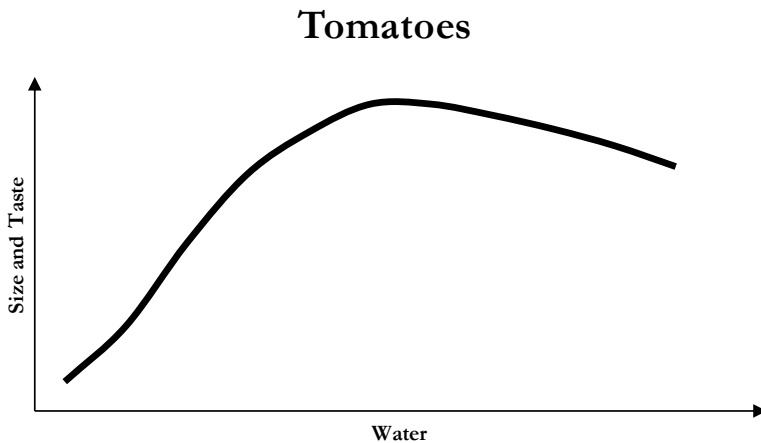
*“Efficiency is intelligent laziness.”*  
- David Dunham

**T**HERE IS SOMETHING YOU NEED TO UNDERSTAND ABOUT ME. You see, I am a lazy person. This doesn't mean that I try to avoid work at all costs, but rather that I only do the bare minimum in order to achieve my goals. The Max Capacity Training Program (MCTP) laid out in this book reflects this “laziness”. There are multiple ways to gain strength; we could swim for an hour a day, or we could do two hundred sit-ups every morning. Both of these methods will develop strength, but they are not efficient. We need to use methods that take less time and give more results. In the end, it all comes down to the concept of utility.

## **You Need to Maximize Utility**

A few summers ago, a friend of mine was going to move to New Mexico to work on a project for a few months. He asked me to take care of his tomatoes while he was gone. He instructed me to “water them every day, but just a little bit. Water the tomatoes enough but not too much.” The first few drops of water are essential to the tomatoes' survival. If I gave enough wa-

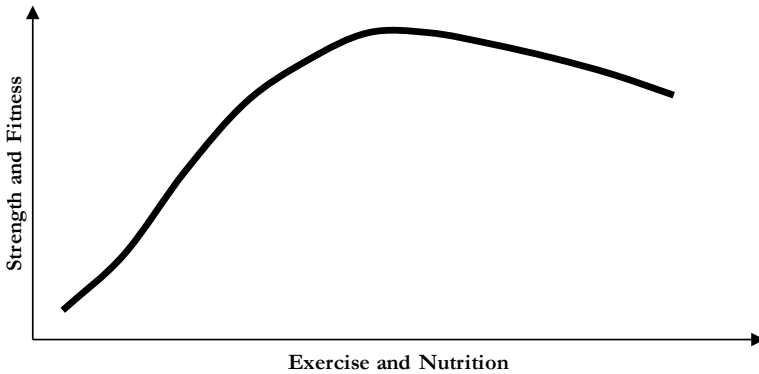
ter for the soil to be nice and moist, the tomatoes would grow bigger and taste better. If I added some more, the tomatoes would still be big and tasty, but the extra water would be wasted. Finally, if I added too much water, the tomatoes would die. When he told me to water them “enough, but not too much”, my friend really asked me to maximize the tomatoes’ utility of water.



*As we water the tomatoes, they become bigger and taste better. If we water them too much, they start to deteriorate.*

Similarly, you need to feed your body a minimum of food to survive. Eat more, and it will grow stronger. Eat too much and it will grow weak again. The same is true for exercising. Exercise the right amount, and your body will grow strong. Exercise too much, and your results will be counterproductive.

## Your Body



*With the right amount of food and exercise, we can maximize our strength.*

Our goal is to intake just enough of the right foods and to perform just enough of the right exercises to maximize our strength. Our time is valuable too, so for the sake of convenience, we want to keep our workouts short and effective.

### **Let's Keep It Convenient**

We've all seen people go to their local gym, do one hour of weight lifting followed by another hour of cardio. You know what? I used to be one of those people. I would start by working out my arms with whatever dumbbells were available at the time. Then it was a game of cat and mouse to find a machine I wanted to use that wasn't already hogged up by somebody else. After an hour of that, I'd hop on a treadmill and jog an hour away like a soulless zombie. I did gain some strength and I did increase my endurance, but I hated it. I exercised for six hours a week, paid for a gym membership and spent twenty minutes in traffic each way just to work out. That was a reasonable way to gain strength, but it definitely wasn't convenient.

I think we can agree that unless you truly enjoy this kind of routine, it's clearly not the way to go. Instead, let's just do a quick workout, have fun with it and get back to our lives quickly.

First, we need to free ourselves from any specific location and equipment. This means no gym, no machines, and no free weights. I'm not saying that they're useless; they're just not right for our goals. How will we exercise then? Quite simply, we'll be using our own bodyweight. Every exercise in this book is bodyweight-only!

Oh, I can hear the "bodybuilders" grumble from here: "I'm never gonna gain strength with bodyweight exercises." Well, Mr. Bodybuilder, if you can perform ten consecutive one-handed handstand push-ups, you should be writing your cover letter to the Cirque du Soleil instead of reading this book. Bodyweight exercises are not only excellent for building explosive strength, but they are also very convenient. We can do them anywhere without any equipment.

Second, we need to free ourselves from time constraints. We can't spend two hours working out every day. Not only is the marginal utility of exercising for so long very low, it is also incredibly inconvenient. Instead, we will work at a VERY INTENSE rate for fifteen to thirty minutes every other day. That's about one hour per week. We just saved about ten hours' worth of our time. But make no mistake; our workouts will be extremely intense to make up for all that time we save.

Finally, we must eat convenient foods; foods that are quick to prepare and quick to eat. If you've looked at other popular exercise programs, you know that the people who designed them think you have no life. Cook a 4oz chicken breast at 10:00 am. Seriously?! Are you out of your mind, buddy? We've got other things to do at 10:00 am than cook ourselves some chicken. We

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need good foods we can eat on the go. We need nutritional guidelines we can commit to. This book provides just that.

